

# USDA National Nutrient Database for Standard ReferenceRelease 28

## Nutrients: Vitamin D3 (cholecalciferol) (µg)

Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: 100 g  
Report Run at: November 21, 2015 09:30 EST

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
15038	Fish, halibut, Greenland, raw	27.40
83110	Fish, mackerel, salted	25.20
15008	Fish, carp, raw	24.70
15025	Fish, eel, mixed species, raw	23.30
15264	Salmon, sockeye, canned, drained solids, without skin and bones	21.50
15087	Fish, salmon, sockeye, canned, drained solids	21.00
15241	Fish, trout, rainbow, farmed, cooked, dry heat	19.00
15253	Salmon, sockeye, canned, total can contents	19.00
15077	Fish, salmon, chinook, smoked	17.10
15086	Fish, salmon, sockeye, cooked, dry heat	16.70
15111	Fish, swordfish, cooked, dry heat	16.60
15046	Fish, mackerel, Atlantic, raw	16.10
15106	Fish, sturgeon, mixed species, smoked	16.10
15240	Fish, trout, rainbow, farmed, raw	15.90
15260	Fish, salmon, pink, canned, drained solids	14.50
15085	Fish, salmon, sockeye, raw	14.10
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	14.10
15110	Fish, swordfish, raw	13.90
15084	Fish, salmon, pink, canned, total can contents	13.70
15014	Fish, cisco, smoked	13.30
15212	Fish, salmon, pink, cooked, dry heat	13.00
15105	Fish, sturgeon, mixed species, cooked, dry heat	12.90
15131	Fish, whitefish, mixed species, smoked	12.80
03189	Babyfood, cereal, oatmeal, dry fortified	12.70
14654	Beverages, nutritional shake mix, high protein, powder	12.50
15072	Fish, roe, mixed species, raw	12.10
15130	Fish, whitefish, mixed species, raw	12.00
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	11.40

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
15247	Fish, salmon, coho, wild, cooked, dry heat	11.30
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	11.00
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	11.00
15068	Fish, pompano, florida, raw	11.00
15083	Fish, salmon, pink, raw	10.90
01090	Milk, dry, whole, with added vitamin D	10.50
01137	Egg, yolk, dried	10.40
15104	Fish, sturgeon, mixed species, raw	10.30
15101	Fish, snapper, mixed species, raw	10.20
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	9.60
15080	Fish, salmon, chum, canned, drained solids with bone	9.60
14080	Beverages, rich chocolate, powder	9.10
14309	Beverages, OVALTINE, Classic Malt powder	9.10
14315	Beverages, OVALTINE, chocolate malt powder	9.10
15050	Fish, mackerel, Pacific and jack, mixed species, raw	9.10
15081	Fish, salmon, coho, wild, raw	9.00
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	8.60
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	8.60
03194	Babyfood, cereal, rice, dry fortified	8.50
01133	Egg, whole, dried	8.30
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	8.30
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	8.30
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	7.80
08025	Cereals ready-to-eat, RALSTON CRISP RICE	7.60
01042	Cheese, pasteurized process, American, fortified with vitamin D	7.50
01210	Egg Mix, USDA Commodity	7.40
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	7.40
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	7.40
15048	Fish, mackerel, jack, canned, drained solids	7.30
15051	Fish, mackerel, spanish, raw	7.30
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	7.10
08074	Cereals ready-to-eat, RALSTON TASTEEOS	7.10
08506	Cereals ready-to-eat, RALSTON Corn Flakes	7.10
01224	Protein supplement, milk based, Muscle Milk Light, powder	7.00
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	6.90

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
08002	Cereals ready-to-eat, POST, ALPHA-BITS	6.70
15119	Fish, tuna, light, canned in oil, drained solids	6.70
01252	Cheese product, pasteurized process, American, vitamin D fortified	6.50
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	6.20
01126	Egg, yolk, raw, frozen, pasteurized	6.00
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	5.80
15117	Fish, tuna, fresh, bluefin, raw	5.70
15091	Fish, sea bass, mixed species, raw	5.60
01125	Egg, yolk, raw, fresh	5.40
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	5.40
15040	Fish, herring, Atlantic, cooked, dry heat	5.40
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	5.30
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	5.30
01223	Protein supplement, milk based, Muscle Milk, powder	5.00
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	5.00
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	5.00
04542	Fat, chicken	4.80
04574	Fat, duck	4.80
04575	Fat, turkey	4.80
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	4.80
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	4.80
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	4.80
15094	Fish, shad, american, raw	4.80
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	4.70
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	4.70
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	4.70
15036	Fish, halibut, Atlantic and Pacific, raw	4.70
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	4.60
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	4.60
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	4.60
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	4.50
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	4.30
15039	Fish, herring, Atlantic, raw	4.20
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	4.00
15018	Fish, cod, Atlantic, dried and salted	4.00

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	3.90
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	3.90
15114	Fish, trout, mixed species, raw	3.90
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	3.80
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	3.80
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	3.80
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	3.80
15070	Fish, rockfish, Pacific, mixed species, raw	3.80
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	3.70
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	3.70
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	3.70
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	3.70
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	3.70
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	3.70
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	3.70
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	3.70
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	3.70
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	3.70
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	3.70
15262	Fish, tilapia, cooked, dry heat	3.70
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	3.60
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	3.60
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	3.60
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	3.60
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	3.60
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	3.60
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	3.60
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	3.60
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	3.50
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	3.50
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	3.50
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	3.50
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	3.50
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	3.50
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	3.50

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.40
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	3.40
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	3.40
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	3.40
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYN0-BITES	3.40
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	3.40
05047	Chicken, broilers or fryers, separable fat, raw	3.30
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	3.30
08029	Cereals ready-to-eat, POST Bran Flakes	3.30
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	3.30
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	3.30
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	3.30
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	3.30
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	3.30
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	3.30
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	3.30
08305	Cereals ready-to-eat, Post, Waffle Crisp	3.30
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	3.30
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	3.30
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	3.30
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	3.30
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	3.30
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	3.30
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	3.30
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	3.30
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	3.30
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	3.30
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	3.30
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	3.30
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	3.30
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	3.30
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	3.30
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	3.30
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	3.30
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	3.30

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	3.30
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	3.30
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	3.30
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	3.30
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	3.30
08706	Cereals ready-to-eat, KELLOGG SCOOPY-DOO! cereal	3.30
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	3.30
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	3.20
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	3.20
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	3.20
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	3.20
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	3.20
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	3.20
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	3.20
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	3.20
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	3.20
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	3.20
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	3.20
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	3.20
01127	Egg, yolk, raw, frozen, sugared, pasteurized	3.10
01160	Egg, yolk, raw, frozen, salted, pasteurized	3.10
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	3.10
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	3.10
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	3.10
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	3.10
10004	Pork, fresh, backfat, raw	3.10
15261	Fish, tilapia, raw	3.10
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	3.10
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	3.00
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	3.00
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	3.00
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	3.00
15060	Fish, perch, mixed species, raw	3.00
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	2.90
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	2.90

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	2.90
15012	Fish, caviar, black and red, granular	2.90
15028	Fish, flatfish (flounder and sole species), raw	2.80
15041	Fish, herring, Atlantic, pickled	2.80
01228	Cheese, fresh, queso fresco	2.70
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	2.70
01171	Egg, whole, raw, frozen, pasteurized	2.60
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	2.60
01046	Cheese food, pasteurized process, American, vitamin D fortified	2.50
01254	Cheese food, pasteurized process, American, without added vitamin D	2.50
04002	Lard	2.50
04606	Meat drippings (lard, beef tallow, mutton tallow)	2.50
04609	Animal fat, bacon grease	2.50
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	2.50
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	2.50
15062	Fish, pike, northern, raw	2.50
10088	Pork, fresh, spareribs, separable lean and fat, raw	2.30
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	2.30
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	2.30
01128	Egg, whole, cooked, fried	2.20
01129	Egg, whole, cooked, hard-boiled	2.20
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	2.20
15042	Fish, herring, Atlantic, kippered	2.20
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	2.10
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	2.10
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	2.10
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	2.00
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	2.00
01123	Egg, whole, raw, fresh	2.00
01131	Egg, whole, cooked, poached	2.00
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	2.00
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	2.00
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	2.00
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	2.00
15126	Fish, tuna, white, canned in water, drained solids	2.00

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	2.00
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	2.00
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	1.90
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	1.90
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	1.90
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	1.90
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	1.90
10894	Pork, cured, ham, separable fat, boneless, heated	1.90
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	1.90
01132	Egg, whole, cooked, scrambled	1.80
01227	Cheese, dry white, queso seco	1.80
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	1.80
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	1.80
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	1.80
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	1.80
10007	Pork, fresh, separable fat, cooked	1.80
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	1.80
15133	Fish, whiting, mixed species, cooked, dry heat	1.80
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	1.80
43285	Eggs, scrambled, frozen mixture	1.80
01130	Egg, whole, cooked, omelet	1.70
01138	Egg, duck, whole, fresh, raw	1.70
01139	Egg, goose, whole, fresh, raw	1.70
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	1.70
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	1.70
10006	Pork, fresh, separable fat, raw	1.70
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	1.70
15002	Fish, anchovy, european, canned in oil, drained solids	1.70
15127	Fish, tuna, fresh, yellowfin, raw	1.70
17104	Veal, loin, separable lean and fat, raw	1.70
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	1.70
01053	Cream, fluid, heavy whipping	1.60
01226	Egg substitute, liquid or frozen, fat free	1.60
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	1.60
01255	Egg, whole, raw, frozen, salted, pasteurized	1.50



NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
10000	Pork, fresh, composite of separable fat, with added solution, cooked	1.50
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.50
14083	Beverages, chocolate malt, powder, prepared with fat free milk	1.50
15055	Fish, mullet, striped, raw	1.50
17128	Veal, shoulder, blade chop, separable lean and fat, raw	1.50
01140	Egg, quail, whole, fresh, raw	1.40
05170	Turkey, skin from whole (light and dark), roasted	1.40
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	1.40
07063	Pork sausage, link/patty, unprepared	1.40
07064	Pork sausage, link/patty, cooked, pan-fried	1.40
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	1.40
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	1.40
15058	Fish, ocean perch, Atlantic, cooked, dry heat	1.40
15132	Fish, whiting, mixed species, raw	1.40
17424	Veal, ground, cooked, pan-fried	1.40
01077	Milk, whole, 3.25% milkfat, with added vitamin D	1.30
01089	Milk, low sodium, fluid	1.30
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.30
01106	Milk, goat, fluid, with added vitamin D	1.30
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	1.30
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	1.30
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	1.30
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	1.30
01230	Milk, buttermilk, fluid, whole	1.30
05177	Turkey, liver, all classes, raw	1.30
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	1.30
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	1.30
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	1.30
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	1.30
17142	Veal, ground, raw	1.30
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	1.30
01057	Eggnog	1.20
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	1.20
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	1.20
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	1.20

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	1.20
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.20
01111	Milk shakes, thick vanilla	1.20
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	1.20
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	1.20
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	1.20
03681	Babyfood, cereal, barley, prepared with whole milk	1.20
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	1.20
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	1.20
03694	Babyfood, cereal, rice, prepared with whole milk	1.20
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	1.20
07967	Pork sausage, link/patty, fully cooked, unheated	1.20
07973	Turkey bacon, microwaved	1.20
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	1.20
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	1.20
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	1.20
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	1.20
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	1.20
10895	Pork, cured, ham, separable fat, boneless, unheated	1.20
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	1.20
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	1.20
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	1.20
13325	Beef, variety meats and by-products, liver, raw	1.20
13326	Beef, variety meats and by-products, liver, cooked, braised	1.20
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	1.20
15016	Fish, cod, Atlantic, cooked, dry heat	1.20
15017	Fish, cod, Atlantic, canned, solids and liquid	1.20
15057	Fish, ocean perch, Atlantic, raw	1.20
15090	Fish, scup, raw	1.20
15121	Fish, tuna, light, canned in water, drained solids	1.20
17107	Veal, loin, separable lean only, raw	1.20
17131	Veal, shoulder, blade chop, separable lean only, raw	1.20
19170	Egg custards, dry mix, prepared with whole milk	1.20
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	1.20
01050	Cream, fluid, light (coffee cream or table cream)	1.10

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	1.10
01105	Milk, chocolate beverage, hot cocoa, homemade	1.10
01250	Nutritional supplement for people with diabetes, liquid	1.10
03685	Babyfood, cereal, mixed, prepared with whole milk	1.10
05169	Turkey, skin from whole, (light and dark), raw	1.10
05698	Turkey, skin from whole (light and dark), with added solution, raw	1.10
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	1.10
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	1.10
10192	Pork, fresh, backribs, separable lean and fat, raw	1.10
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	1.10
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	1.10
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	1.10
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	1.10
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	1.10
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	1.10
13323	Beef, variety meats and by-products, kidneys, raw	1.10
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	1.10
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	1.10
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	1.10
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	1.10
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	1.10
19205	Egg custards, dry mix, prepared with 2% milk	1.10
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	1.10
19319	Puddings, banana, dry mix, instant, prepared with whole milk	1.10
19321	Puddings, banana, dry mix, regular, prepared with whole milk	1.10
01110	Milk shakes, thick chocolate	1.00
01164	Cheese sauce, prepared from recipe	1.00
01270	Cheese, cheddar, sharp, sliced	1.00
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	1.00
01285	Yogurt, Greek, strawberry, nonfat	1.00
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	1.00
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	1.00
07953	Pork sausage, link/patty, fully cooked, microwaved	1.00
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.00
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	1.00

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	1.00
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	1.00
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	1.00
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	1.00
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	1.00
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	1.00
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	1.00
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	1.00
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	1.00
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	1.00
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	1.00
14091	Beverages, almond milk, unsweetened, shelf stable	1.00
15065	Fish, pollock, Atlantic, raw	1.00
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	1.00
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	1.00
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	1.00
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	0.90
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	0.90
01286	Yogurt, Greek, vanilla, nonfat	0.90
07034	Headcheese, pork	0.90
07072	Salami, dry or hard, pork, beef	0.90
07968	Kielbasa, fully cooked, grilled	0.90
07969	Kielbasa, fully cooked, pan-fried	0.90
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	0.90
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	0.90
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	0.90
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	0.90
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	0.90
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	0.90
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	0.90
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	0.90
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	0.90
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	0.90
10153	Pork, cured, ham, whole, separable lean only, roasted	0.90
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	0.90

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	0.90
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	0.90
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	0.90
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	0.90
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	0.90
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	0.90
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	0.90
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	0.90
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	0.90
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	0.90
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	0.90
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	0.90
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	0.90
15015	Fish, cod, Atlantic, raw	0.90
42190	Pork sausage rice links, brown and serve, cooked	0.90
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	0.80
05171	Turkey, whole, giblets, raw	0.80
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	0.80
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	0.80
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	0.80
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	0.80
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	0.80
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	0.80
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	0.80
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	0.80
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	0.80
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	0.80
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	0.80
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	0.80
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	0.80
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	0.80
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	0.80
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	0.80
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	0.80
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	0.80

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	0.80
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	0.80
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	0.80
11658	Spinach souffle	0.80
15035	Fish, haddock, smoked	0.80
15099	Fish, smelt, rainbow, raw	0.80
17427	Veal, loin, chop, separable lean only, cooked, grilled	0.80
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	0.80
17435	Veal, shank, separable lean and fat, raw	0.80
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	0.80
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	0.80
43326	Pork, cured, ham, low sodium, lean and fat, cooked	0.80
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	0.80
01156	Cheese, goat, hard type	0.70
01229	Cheese, white, queso blanco	0.70
01236	Ice cream, soft serve, chocolate	0.70
04001	Fat, beef tallow	0.70
04520	Fat, mutton tallow	0.70
05713	Turkey, retail parts, wing, meat only, cooked, roasted	0.70
05714	Turkey, skin, from retail parts, from dark meat, raw	0.70
07027	Ham, chopped, not canned	0.70
07028	Ham, sliced, packaged (96% fat free, water added)	0.70
07029	Ham, sliced, regular (approximately 11% fat)	0.70
07030	Ham, minced	0.70
07031	Ham salad spread	0.70
07962	Frankfurter, meat and poultry, unheated	0.70
07964	Frankfurter, meat and poultry, cooked, grilled	0.70
07970	Kielbasa, fully cooked, unheated	0.70
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	0.70
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	0.70
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	0.70
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	0.70
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	0.70
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	0.70
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	0.70

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	0.70
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	0.70
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	0.70
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	0.70
10152	Pork, cured, ham, whole, separable lean only, unheated	0.70
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	0.70
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	0.70
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	0.70
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	0.70
10185	Pork, cured, ham, extra lean and regular, canned, roasted	0.70
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	0.70
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	0.70
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	0.70
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	0.70
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	0.70
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	0.70
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	0.70
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	0.70
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	0.70
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	0.70
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	0.70
15020	Fish, croaker, Atlantic, raw	0.70
17428	Veal, shank, separable lean only, raw	0.70
19090	Ice creams, french vanilla, soft-serve	0.70
01009	Cheese, cheddar	0.60
01011	Cheese, colby	0.60
01020	Cheese, fontina	0.60
01023	Cheese, gruyere	0.60
01025	Cheese, monterey	0.60
01030	Cheese, muenster	0.60
01052	Cream, fluid, light whipping	0.60
01169	Cheese, low-sodium, cheddar or colby	0.60
01253	Cheese, pasteurized process, American, without added vitamin D	0.60
01263	Ice cream, light, soft serve, chocolate	0.60
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	0.60

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
07011	Bologna, turkey	0.60
07026	Ham, chopped, canned	0.60
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	0.60
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	0.60
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	0.60
07954	Beef sausage, pre-cooked	0.60
07963	Frankfurter, meat and poultry, cooked, boiled	0.60
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	0.60
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	0.60
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	0.60
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	0.60
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	0.60
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	0.60
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	0.60
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	0.60
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	0.60
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	0.60
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	0.60
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	0.60
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	0.60
10184	Pork, cured, ham, extra lean and regular, canned, unheated	0.60
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	0.60
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	0.60
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	0.60
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	0.60
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	0.60
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	0.60
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	0.60
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	0.60
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	0.60
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	0.60
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	0.60
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	0.60
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	0.60
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	0.60



NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	0.60
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	0.60
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	0.60
15034	Fish, haddock, cooked, dry heat	0.60
15095	Fish, shark, mixed species, raw	0.60
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	0.60
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	0.60
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	0.60
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	0.60
23438	Beef, New Zealand, imported, sweetbread, raw	0.60
43340	Cheese, parmesan, low sodium	0.60
43398	Cheese, pasteurized process, cheddar or American, low sodium	0.60
01004	Cheese, blue	0.50
01005	Cheese, brick	0.50
01006	Cheese, brie	0.50
01018	Cheese, edam	0.50
01022	Cheese, gouda	0.50
01024	Cheese, limburgier	0.50
01027	Cheese, mozzarella, whole milk, low moisture	0.50
01032	Cheese, parmesan, grated	0.50
01033	Cheese, parmesan, hard	0.50
01034	Cheese, port de salut	0.50
01035	Cheese, provolone	0.50
01038	Cheese, romano	0.50
01043	Cheese, pasteurized process, pimento	0.50
01044	Cheese, pasteurized process, swiss	0.50
01094	Milk, buttermilk, dried	0.50
01146	Cheese, parmesan, shredded	0.50
01157	Cheese, goat, semisoft type	0.50
01165	Cheese, mexican, queso anejo	0.50
01166	Cheese, mexican, queso asadero	0.50
01167	Cheese, mexican, queso chihuahua	0.50
01212	Milk, dry, whole, without added vitamin D	0.50
01251	Cheese, Mexican blend	0.50
03245	Babyfood, dessert, custard pudding, vanilla, strained	0.50

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
03246	Babyfood, dessert, custard pudding, vanilla, junior	0.50
05173	Turkey, gizzard, all classes, raw	0.50
05183	Turkey, dark meat, meat and skin, raw	0.50
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	0.50
05717	Turkey, retail parts, thigh, meat only, raw	0.50
05734	Turkey, retail parts, wing, meat and skin, raw	0.50
05736	Turkey, retail parts, drumstick, meat and skin, raw	0.50
05742	Turkey, retail parts, thigh, meat and skin, raw	0.50
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	0.50
07045	Luncheon meat, pork, canned	0.50
07956	Beef sausage, fresh, cooked	0.50
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	0.50
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	0.50
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	0.50
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	0.50
10020	Pork, fresh, loin, whole, separable lean and fat, raw	0.50
10024	Pork, fresh, loin, whole, separable lean only, raw	0.50
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	0.50
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	0.50
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	0.50
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	0.50
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	0.50
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	0.50
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	0.50
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	0.50
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	0.50
10220	Pork, fresh, ground, cooked	0.50
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	0.50
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	0.50
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	0.50
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	0.50
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	0.50
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	0.50
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	0.50
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	0.50

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	0.50
11656	Corn pudding, home prepared	0.50
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.50
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.50
15019	Fish, cod, Pacific, raw (may have been previously frozen)	0.50
15033	Fish, haddock, raw	0.50
43276	Cheese spread, cream cheese base	0.50
43405	Cheese, swiss, low sodium	0.50
01007	Cheese, camembert	0.40
01019	Cheese, feta	0.40
01026	Cheese, mozzarella, whole milk	0.40
01029	Cheese, mozzarella, low moisture, part-skim	0.40
01048	Cheese spread, pasteurized process, American	0.40
01054	Cream, whipped, cream topping, pressurized	0.40
01159	Cheese, goat, soft type	0.40
01204	Cheese, parmesan, dry grated, reduced fat	0.40
01209	Cheese, Mexican, blend, reduced fat	0.40
01271	Cheese, mozzarella, low moisture, part-skim, shredded	0.40
03008	Babyfood, meat, ham, strained	0.40
03009	Babyfood, meat, ham, junior	0.40
05166	Turkey, whole, meat and skin, cooked, roasted	0.40
05175	Turkey, heart, all classes, raw	0.40
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	0.40
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	0.40
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	0.40
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	0.40
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	0.40
05706	Turkey, whole, meat and skin, with added solution, raw	0.40
05707	Turkey, whole, meat and skin, with added solution, roasted	0.40
05716	Turkey, retail parts, drumstick, meat only, raw	0.40
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	0.40
07919	Sausage, turkey, breakfast links, mild	0.40
07965	Pork sausage, link/patty, reduced fat, unprepared	0.40
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	0.40
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	0.40

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	0.40
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	0.40
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	0.40
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	0.40
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	0.40
10123	Pork, cured, bacon, unprepared	0.40
10132	Pork, cured, feet, pickled	0.40
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	0.40
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	0.40
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	0.40
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	0.40
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	0.40
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	0.40
10972	Pork, ground, 84% lean / 16% fat, raw	0.40
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	0.40
13020	Beef, retail cuts, separable fat, cooked	0.40
13340	Beef, variety meats and by-products, tongue, cooked, simmered	0.40
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	0.40
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.40
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.40
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.40
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.40
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	0.40
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	0.40
23419	Beef, New Zealand, imported, intermuscular fat, cooked	0.40
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	0.40
42155	Cheese, monterey, low fat	0.40
01028	Cheese, mozzarella, part skim milk	0.30
01178	Sour cream, reduced fat	0.30
01182	USDA Commodity, cheese, cheddar, reduced fat	0.30
01208	Cheese, provolone, reduced fat	0.30
03012	Babyfood, meat, chicken, strained	0.30
05165	Turkey, whole, meat and skin, raw	0.30
05168	Turkey, whole, meat only, cooked, roasted	0.30
05179	Turkey from whole, neck, meat only, raw	0.30

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
05180	Turkey from whole, neck, meat only, cooked, simmered	0.30
05181	Turkey from whole, light meat, meat and skin, raw	0.30
05186	Turkey, all classes, light meat, cooked, roasted	0.30
05187	Turkey from whole, dark meat, meat only, raw	0.30
05188	Turkey, from whole, dark meat, cooked, roasted	0.30
05215	Turkey, back from whole bird, meat only, raw	0.30
05216	Turkey, back, from whole bird, meat only, roasted	0.30
05220	Turkey, breast, from whole bird, meat only, roasted	0.30
05228	Turkey, wing, from whole bird, meat only, roasted	0.30
05284	Turkey, canned, meat only, with broth	0.30
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	0.30
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	0.30
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	0.30
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	0.30
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	0.30
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	0.30
05694	Turkey, dark meat from whole, meat only, with added solution, raw	0.30
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	0.30
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	0.30
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	0.30
05705	Turkey, whole, meat only, with added solution, roasted	0.30
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	0.30
05719	Turkey, back, from whole bird, meat only, with added solution, raw	0.30
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	0.30
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	0.30
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	0.30
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	0.30
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	0.30
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	0.30
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	0.30
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	0.30
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	0.30
05732	Turkey, retail parts, breast, meat and skin, raw	0.30
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	0.30
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	0.30

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
05739	Turkey, drumstick, from whole bird, meat only, roasted	0.30
05740	Turkey, thigh, from whole bird, meat only, raw	0.30
05741	Turkey, thigh, from whole bird, meat only, roasted	0.30
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	0.30
07951	Scrapple, pork	0.30
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	0.30
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	0.30
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	0.30
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	0.30
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	0.30
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	0.30
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	0.30
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	0.30
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	0.30
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	0.30
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	0.30
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	0.30
11672	Potato pancakes	0.30
13019	Beef, retail cuts, separable fat, raw	0.30
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0.30
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	0.30
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.30
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.30
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.30
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0.30
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.30
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.30
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.30
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	0.30
15235	Fish, catfish, channel, farmed, cooked, dry heat	0.30
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	0.30
19002	Snacks, beef jerky, chopped and formed	0.30
19089	Ice creams, vanilla, rich	0.30
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	0.30
23418	Beef, New Zealand, imported, inside, raw	0.30

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
23420	Beef, New Zealand, imported, intermuscular fat, raw	0.30
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	0.30
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	0.30
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	0.30
23436	Beef, New Zealand, imported, subcutaneous fat, raw	0.30
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	0.30
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	0.30
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	0.30
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	0.30
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	0.30
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	0.30
42258	Cheese product, pasteurized process, cheddar, reduced fat	0.30
42303	Cheese, muenster, low fat	0.30
43274	Cheese, cream, low fat	0.30
43541	Ice creams, chocolate, rich	0.30
43597	Cheese, mozzarella, low sodium	0.30
01036	Cheese, ricotta, whole milk	0.20
01055	Cream, sour, reduced fat, cultured	0.20
01095	Milk, canned, condensed, sweetened	0.20
01179	Sour cream, light	0.20
01225	Dulce de Leche	0.20
01237	Ice cream, bar or stick, chocolate covered	0.20
03021	Babyfood, meat, meat sticks, junior	0.20
03072	Babyfood, dinner, chicken stew, toddler	0.20
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	0.20
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	0.20
05018	Chicken, broilers or fryers, skin only, cooked, roasted	0.20
05019	Chicken, broilers or fryers, skin only, cooked, stewed	0.20
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	0.20
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	0.20
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	0.20
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	0.20
05167	Turkey, whole, meat only, raw	0.20
05306	Ground turkey, cooked	0.20
05335	Chicken, feet, boiled	0.20

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
05663	Ground turkey, fat free, pan-broiled crumbles	0.20
05664	Ground turkey, fat free, patties, broiled	0.20
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	0.20
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	0.20
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	0.20
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	0.20
05674	Chicken, skin (drumsticks and thighs), raw	0.20
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	0.20
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	0.20
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	0.20
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	0.20
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	0.20
05704	Turkey, whole, meat only, with added solution, raw	0.20
05708	Turkey, retail parts, breast, meat only, with added solution, raw	0.20
05710	Turkey, retail parts, breast, meat only, raw	0.20
05711	Turkey, retail parts, breast, meat only, cooked, roasted	0.20
05712	Turkey, retail parts, wing, meat only, raw	0.20
07052	Pastrami, turkey	0.20
07067	Poultry salad sandwich spread	0.20
07929	Sausage, turkey, hot, smoked	0.20
07974	Bacon, turkey, low sodium	0.20
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	0.20
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	0.20
10165	Pork, cured, salt pork, raw	0.20
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	0.20
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	0.20
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	0.20
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	0.20
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	0.20
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	0.20
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	0.20
10998	Canadian bacon, cooked, pan-fried	0.20
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	0.20
11657	Potatoes, mashed, home-prepared, whole milk added	0.20
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.20



NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
13317	Beef, ground, patties, frozen, cooked, broiled	0.20
13345	Beef, cured, breakfast strips, cooked	0.20
13348	Beef, cured, corned beef, canned	0.20
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.20
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.20
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.20
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.20
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.20
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.20
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.20
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.20
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.20
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	0.20
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.20
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.20
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.20
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.20
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.20
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.20
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.20
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.20
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	0.20
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.20
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.20
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	0.20
15234	Fish, catfish, channel, farmed, raw	0.20
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	0.20
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	0.20
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	0.20
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	0.20
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	0.20
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	0.20
19095	Ice creams, vanilla	0.20
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	0.20
19270	Ice creams, chocolate	0.20

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
19898	Ice creams, regular, low carbohydrate, vanilla	0.20
19899	Ice creams, regular, low carbohydrate, chocolate	0.20
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	0.20
21401	Fast foods, chicken tenders	0.20
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.20
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.20
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.20
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.20
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.20
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.20
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	0.20
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.20
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	0.20
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.20
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	0.20
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.20
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.20
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	0.20
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.20
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.20
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.20
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.20
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.20
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.20
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.20
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.20
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.20
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.20
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.20
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.20
23220	Beef, ground, unspecified fat content, cooked	0.20
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.20
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.20
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.20
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.20

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.20
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.20
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	0.20
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	0.20
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.20
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.20
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.20
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.20
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.20
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.20
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	0.20
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	0.20
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	0.20
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	0.20
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	0.20
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	0.20
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	0.20
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	0.20
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	0.20
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	0.20
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	0.20
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	0.20
23431	Beef, New Zealand, imported, ribs prepared, raw	0.20
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	0.20
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	0.20
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	0.20
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	0.20
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	0.20
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	0.20
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	0.20
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	0.20
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	0.20
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	0.20
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	0.20
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	0.20

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	0.20
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	0.20
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	0.20
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	0.20
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.20
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	0.20
36618	Restaurant, Chinese, general tso's chicken	0.20
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	0.20
43282	Quail, cooked, total edible	0.20
43283	Pheasant, cooked, total edible	0.20
43287	Dove, cooked (includes squab)	0.20
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	0.20
80200	Frog legs, raw	0.20
01012	Cheese, cottage, creamed, large or small curd	0.10
01037	Cheese, ricotta, part skim milk	0.10
01107	Milk, human, mature, fluid	0.10
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.10
01168	Cheese, low fat, cheddar or colby	0.10
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	0.10
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	0.10
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	0.10
01264	Ice cream bar, stick or nugget, with crunch coating	0.10
03014	Babyfood, meat, chicken sticks, junior	0.10
03061	Babyfood, dinner, vegetables and ham, strained	0.10
03068	Babyfood, dinner, chicken noodle, strained	0.10
03070	Babyfood, dinner, chicken soup, strained	0.10
03073	Babyfood, dinner, vegetables chicken, strained	0.10
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	0.10
03303	Babyfood, dinner, sweet potatoes and chicken, strained	0.10
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	0.10
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	0.10
04639	Salad dressing, ranch dressing, regular	0.10
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	0.10
05011	Chicken, broilers or fryers, meat only, raw	0.10
05012	Chicken, broilers or fryers, meat only, cooked, fried	0.10

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
05013	Chicken, broilers or fryers, meat only, roasted	0.10
05014	Chicken, broilers or fryers, meat only, stewed	0.10
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	0.10
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	0.10
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	0.10
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	0.10
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	0.10
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	0.10
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	0.10
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	0.10
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	0.10
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	0.10
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	0.10
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	0.10
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	0.10
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	0.10
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	0.10
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	0.10
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	0.10
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	0.10
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	0.10
05075	Chicken, broilers or fryers, leg, meat and skin, raw	0.10
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	0.10
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	0.10
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	0.10
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	0.10
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	0.10
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	0.10
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	0.10
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	0.10
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	0.10
05100	Chicken, broilers or fryers, wing, meat and skin, raw	0.10
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	0.10
05105	Chicken, broilers or fryers, wing, meat only, raw	0.10
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	0.10

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	0.10
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	0.10
05118	Chicken, roasting, light meat, meat only, cooked, roasted	0.10
05140	Duck, domesticated, meat and skin, cooked, roasted	0.10
05141	Duck, domesticated, meat only, raw	0.10
05142	Duck, domesticated, meat only, cooked, roasted	0.10
05147	Goose, domesticated, meat and skin, cooked, roasted	0.10
05185	Turkey from whole, light meat, raw	0.10
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	0.10
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	0.10
05219	Turkey, breast, from whole bird, meat only, raw	0.10
05227	Turkey, wing, from whole bird, meat only, raw	0.10
05277	Chicken, canned, meat only, with broth	0.10
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	0.10
05310	Chicken, cornish game hens, meat only, cooked, roasted	0.10
05311	Chicken, canned, no broth	0.10
05642	Ostrich, ground, cooked, pan-broiled	0.10
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	0.10
05673	Chicken, skin (drumsticks and thighs), cooked, braised	0.10
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	0.10
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	0.10
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	0.10
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	0.10
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	0.10
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	0.10
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	0.10
05696	Turkey from whole, light meat, meat only, with added solution, raw	0.10
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	0.10
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	0.10
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	0.10
05738	Turkey, drumstick, from whole bird, meat only, raw	0.10
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	0.10
07081	Turkey breast, sliced, prepackaged	0.10
07972	Meatballs, frozen, Italian style	0.10
07979	Sausage, pork, turkey, and beef, reduced sodium	0.10

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	0.10
10130	Canadian bacon, unprepared	0.10
10973	Pork, ground, 96% lean / 4% fat, raw	0.10
11659	Sweet potato, cooked, candied, home-prepared	0.10
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.10
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	0.10
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.10
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.10
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.10
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	0.10
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.10
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.10
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.10
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.10
13322	Beef, variety meats and by-products, heart, cooked, simmered	0.10
13347	Beef, cured, corned beef, brisket, cooked	0.10
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.10
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.10
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.10
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.10
13355	Beef, cured, pastrami	0.10
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	0.10
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	0.10
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	0.10
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	0.10
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	0.10
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	0.10
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	0.10
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	0.10
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.10
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.10
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.10
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.10
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.10
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.10

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.10
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.10
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.10
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.10
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.10
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.10
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.10
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.10
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.10
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.10
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.10
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.10
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.10
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.10
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0.10
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.10
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.10
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	0.10
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.10
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.10
13498	Beef, ground, 70% lean meat / 30% fat, raw	0.10
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	0.10
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.10
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.10
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.10
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.10
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.10
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.10
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	0.10
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.10
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	0.10
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.10
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.10
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	0.10
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	0.10



NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	0.10
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.10
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.10
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	0.10
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	0.10
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.10
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.10
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.10
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.10
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.10
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.10
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	0.10
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.10
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.10
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.10
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.10
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.10
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.10
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.10
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.10
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.10
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.10
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.10
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	0.10
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	0.10
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	0.10
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.10
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.10
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.10
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.10
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	0.10
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	0.10
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	0.10
15160	Mollusks, clam, mixed species, canned, drained solids	0.10
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	0.10

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	0.10
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	0.10
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.10
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.10
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0.10
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.10
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.10
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0.10
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.10
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	0.10
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.10
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	0.10
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.10
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.10
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0.10
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	0.10
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	0.10
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	0.10
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	0.10
17224	Lamb, ground, raw	0.10
17225	Lamb, ground, cooked, broiled	0.10
17367	Lamb, New Zealand, imported, kidney, raw	0.10
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	0.10
17375	Lamb, New Zealand, imported, sweetbread, raw	0.10
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	0.10
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	0.10
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	0.10
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	0.10
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	0.10
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	0.10
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	0.10
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	0.10
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	0.10
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	0.10
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	0.10

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	0.10
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	0.10
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	0.10
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	0.10
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	0.10
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	0.10
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	0.10
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	0.10
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	0.10
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	0.10
19088	Ice creams, vanilla, light	0.10
19114	Ice creams, chocolate, light	0.10
19136	Candies, HERSHEY'S SKOR Toffee Bar	0.10
19260	Ice creams, vanilla, light, no sugar added	0.10
19265	Ice creams, chocolate, light, no sugar added	0.10
19293	Frozen yogurts, vanilla, soft-serve	0.10
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	0.10
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.10
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.10
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.10
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.10
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.10
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.10
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.10
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.10
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.10
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	0.10
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.10
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.10
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.10
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.10
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	0.10
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.10
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.10
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.10

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.10
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.10
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.10
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.10
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.10
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.10
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.10
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.10
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.10
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.10
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.10
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.10
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.10
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	0.10
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	0.10
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	0.10
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	0.10
23094	Beef, chuck for stew, separable lean and fat, select, raw	0.10
23095	Beef, chuck for stew, separable lean and fat, choice, raw	0.10
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.10
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.10
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.10
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.10
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.10
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.10
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.10
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.10
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.10
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.10
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.10
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	0.10
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	0.10
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	0.10
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.10
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.10

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.10
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.10
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.10
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.10
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.10
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.10
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.10
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.10
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.10
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.10
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.10
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.10
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.10
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.10
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.10
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.10
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.10
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.10
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.10
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.10
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.10
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.10
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.10
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.10
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.10
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.10
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.10
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.10
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.10
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.10
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.10
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.10
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0.10
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0.10
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	0.10

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0.10
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0.10
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	0.10
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.10
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.10
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.10
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.10
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.10
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.10
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.10
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	0.10
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.10
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	0.10
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.10
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	0.10
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.10
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	0.10
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.10
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	0.10
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.10
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	0.10
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	0.10
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	0.10
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0.10
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.10
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.10
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.10
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0.10
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.10
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.10
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	0.10
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	0.10
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	0.10
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.10
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	0.10

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	0.10
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	0.10
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.10
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.10
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	0.10
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	0.10
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	0.10
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.10
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.10
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.10
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.10
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.10
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	0.10
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	0.10
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	0.10
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.10
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.10
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.10
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.10
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.10
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.10
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	0.10
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	0.10
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	0.10
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.10
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.10
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.10
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.10
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.10
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.10
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	0.10
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.10
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.10
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	0.10
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.10

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.10
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.10
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.10
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.10
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.10
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.10
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.10
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.10
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.10
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.10
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.10
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.10
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.10
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.10
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	0.10
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.10
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.10
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.10
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.10
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	0.10
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.10
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.10
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.10
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	0.10
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	0.10
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	0.10
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.10
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.10
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.10
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.10
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.10
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.10
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.10
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	0.10
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	0.10



NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	0.10
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	0.10
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.10
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.10
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.10
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.10
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.10
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	0.10
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	0.10
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0.10
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0.10
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0.10
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.10
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.10
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.10
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.10
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.10
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.10
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.10
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.10
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	0.10
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	0.10
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	0.10
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	0.10
23411	Beef, New Zealand, imported, flank, separable lean only, raw	0.10
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	0.10
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	0.10
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	0.10
23427	Beef, New Zealand, imported, manufacturing beef, raw	0.10
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	0.10
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	0.10
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	0.10
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	0.10
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	0.10
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	0.10

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	0.10
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	0.10
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	0.10
23472	Beef, ground, 93% lean meat / 7% fat, raw	0.10
23477	Beef, ground, 97% lean meat / 3% fat, raw	0.10
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	0.10
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	0.10
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	0.10
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	0.10
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	0.10
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	0.10
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	0.10
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	0.10
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	0.10
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	0.10
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.10
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.10
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.10
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.10
23557	Beef, ground, 95% lean meat / 5% fat, raw	0.10
23562	Beef, ground, 90% lean meat / 10% fat, raw	0.10
23567	Beef, ground, 85% lean meat / 15% fat, raw	0.10
23572	Beef, ground, 80% lean meat / 20% fat, raw	0.10
23577	Beef, ground, 75% lean meat / 25% fat, raw	0.10
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	0.10
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.10
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.10
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.10
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	0.10
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	0.10
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.10
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.10
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.10
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0.10
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	0.10

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	0.10
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.10
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	0.10
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.10
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	0.10
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	0.10
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	0.10
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.10
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	0.10
25062	Snack, Mixed Berry Bar	0.10
36617	Restaurant, Chinese, lemon chicken	0.10
42186	Frozen yogurts, chocolate	0.10
42187	Frozen yogurts, flavors other than chocolate	0.10
43004	Babyfood, dessert, banana pudding, strained	0.10
43275	Cheese, pasteurized process, American, low fat	0.10
43366	Turkey, wing, smoked, cooked, with skin, bone removed	0.10
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	0.10
43379	Cheese, pasteurized process, swiss, low fat	0.10
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	0.10
43589	Cheese, swiss, low fat	0.10
01001	Butter, salted	0.00
01002	Butter, whipped, with salt	0.00
01003	Butter oil, anhydrous	0.00
01017	Cheese, cream	0.00
01040	Cheese, swiss	0.00
01049	Cream, fluid, half and half	0.00
01056	Cream, sour, cultured	0.00
01070	Dessert topping, powdered	0.00
01088	Milk, buttermilk, fluid, cultured, lowfat	0.00
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0.00
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	0.00
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	0.00
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	0.00
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	0.00
01145	Butter, without salt	0.00

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	0.00
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	0.00
01172	Egg, white, raw, frozen, pasteurized	0.00
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	0.00
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	0.00
01203	Yogurt, fruit, lowfat, with low calorie sweetener	0.00
01205	Cream substitute, flavored, liquid	0.00
01206	Cream substitute, flavored, powdered	0.00
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	0.00
01256	Yogurt, Greek, plain, nonfat	0.00
01258	Egg, white, dried, stabilized, glucose reduced	0.00
01276	Yogurt, Greek, strawberry, DANNON OIKOS	0.00
01284	Yogurt, Greek, strawberry, lowfat	0.00
03013	Babyfood, meat, chicken, junior	0.00
03044	Babyfood, dinner, macaroni and tomato and beef, strained	0.00
03045	Babyfood, dinner, macaroni and tomato and beef, junior	0.00
03047	Babyfood, dinner, beef noodle, strained	0.00
03048	Babyfood, macaroni and cheese, toddler	0.00
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	0.00
03052	Babyfood, dinner, beef stew, toddler	0.00
03059	Babyfood, dinner, vegetables and bacon, strained	0.00
03062	Babyfood, dinner, vegetables and ham, junior	0.00
03069	Babyfood, dinner, chicken noodle, junior	0.00
03082	Babyfood, dinner, turkey and rice, strained	0.00
03083	Babyfood, dinner, turkey and rice, junior	0.00
03084	Babyfood, dinner, vegetables and turkey, strained	0.00
03085	Babyfood, dinner, vegetables and turkey, junior	0.00
03213	Babyfood, cookies	0.00
03224	Babyfood, dessert, cherry vanilla pudding, strained	0.00
03225	Babyfood, dessert, cherry vanilla pudding, junior	0.00
03233	Babyfood, dessert, fruit pudding, pineapple, strained	0.00
03274	Babyfood, dinner, vegetables and chicken, junior	0.00
03287	Babyfood, dinner, beef noodle, junior	0.00
03290	Babyfood, carrots and beef, strained	0.00
03297	Babyfood, dinner, apples and chicken, strained	0.00

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	0.00
03964	Babyfood, fortified cereal bar, fruit filling	0.00
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	0.00
03997	Babyfood, Baby MUM MUM Rice Biscuits	0.00
04018	Salad dressing, mayonnaise type, regular, with salt	0.00
04601	Butter, light, stick, with salt	0.00
04602	Butter, light, stick, without salt	0.00
04705	Salad dressing, caesar, fat-free	0.00
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	0.00
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	0.00
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	0.00
05022	Chicken, broilers or fryers, giblets, cooked, simmered	0.00
05024	Chicken, gizzard, all classes, cooked, simmered	0.00
05027	Chicken, liver, all classes, raw	0.00
05028	Chicken, liver, all classes, cooked, simmered	0.00
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	0.00
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	0.00
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	0.00
05080	Chicken, broilers or fryers, leg, meat only, raw	0.00
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	0.00
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	0.00
05172	Turkey, whole, giblets, cooked, simmered	0.00
05174	Turkey, gizzard, all classes, cooked, simmered	0.00
05176	Turkey, heart, all classes, cooked, simmered	0.00
05190	Turkey, all classes, back, meat and skin, cooked, roasted	0.00
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	0.00
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	0.00
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	0.00
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	0.00
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	0.00
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	0.00
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	0.00
07043	Roast beef, deli style, prepackaged, sliced	0.00
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	0.00
08116	Cereals, MALT-O-MEAL, original, plain, dry	0.00

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
08177	Cereals, MALT-O-MEAL, chocolate, dry	0.00
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	0.00
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	0.00
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	0.00
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	0.00
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	0.00
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	0.00
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	0.00
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	0.00
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	0.00
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	0.00
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	0.00
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	0.00
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	0.00
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	0.00
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	0.00
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	0.00
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	0.00
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	0.00
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	0.00
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	0.00
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	0.00
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	0.00
09520	Kiwifruit, ZESPRI SunGold, raw	0.00
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	0.00
10119	Pork, fresh, variety meats and by-products, stomach, raw	0.00
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	0.00
11056	Beans, snap, green, canned, regular pack, drained solids	0.00
11238	Mushrooms, shiitake, raw	0.00
11239	Mushrooms, Chanterelle, raw	0.00
11240	Mushrooms, morel, raw	0.00
11243	Mushrooms, portabella, grilled	0.00
11260	Mushrooms, white, raw	0.00
11261	Mushrooms, white, cooked, boiled, drained, without salt	0.00
11263	Mushrooms, white, stir-fried	0.00

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
11264	Mushrooms, canned, drained solids	0.00
11265	Mushrooms, portabella, raw	0.00
11266	Mushrooms, brown, italian, or crimini, raw	0.00
11267	Mushrooms, shiitake, stir-fried	0.00
11268	Mushrooms, shiitake, dried	0.00
11269	Mushrooms, shiitake, cooked, without salt	0.00
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	0.00
11797	Mushrooms, white, cooked, boiled, drained, with salt	0.00
11798	Mushrooms, shiitake, cooked, with salt	0.00
11938	Mushroom, white, exposed to ultraviolet light, raw	0.00
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	0.00
11950	Mushrooms, enoki, raw	0.00
11987	Mushrooms, oyster, raw	0.00
11993	Mushrooms, maitake, raw	0.00
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	0.00
13320	Beef, variety meats and by-products, brain, cooked, simmered	0.00
13341	Beef, variety meats and by-products, tripe, raw	0.00
13350	Beef, cured, dried	0.00
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.00
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.00
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.00
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.00
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.00
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.00
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	0.00
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	0.00
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.00
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.00
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.00
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	0.00
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	0.00
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	0.00
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	0.00
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00

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13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.00
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	0.00
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.00
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.00
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.00
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	0.00
15027	Fish, fish sticks, frozen, prepared	0.00
15138	Crustaceans, crab, alaska king, imitation, made from surimi	0.00
15140	Crustaceans, crab, blue, cooked, moist heat	0.00
15141	Crustaceans, crab, blue, canned	0.00
15145	Crustaceans, crayfish, mixed species, wild, raw	0.00
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	0.00
15147	Crustaceans, lobster, northern, raw	0.00
15148	Crustaceans, lobster, northern, cooked, moist heat	0.00
15152	Crustaceans, shrimp, mixed species, canned	0.00
15155	Mollusks, abalone, mixed species, raw	0.00
15157	Mollusks, clam, mixed species, raw	0.00
15162	Mollusks, clam, mixed species, canned, liquid	0.00
15164	Mollusks, mussel, blue, raw	0.00
15166	Mollusks, octopus, common, raw	0.00
15167	Mollusks, oyster, eastern, wild, raw	0.00
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	0.00
15170	Mollusks, oyster, eastern, canned	0.00
15172	Mollusks, scallop, mixed species, raw	0.00
15175	Mollusks, squid, mixed species, raw	0.00
15177	Mollusks, whelk, unspecified, raw	0.00
15230	Mollusks, octopus, common, cooked, moist heat	0.00
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	0.00
15250	Mollusks, conch, baked or broiled	0.00
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	0.00
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	0.00
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	0.00
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	0.00
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	0.00
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	0.00



NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	0.00
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	0.00
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	0.00
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	0.00
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	0.00
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	0.00
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	0.00
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	0.00
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	0.00
17094	Veal, leg (top round), separable lean and fat, raw	0.00
17095	Veal, leg (top round), separable lean and fat, cooked, braised	0.00
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	0.00
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	0.00
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	0.00
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	0.00
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	0.00
17105	Veal, loin, separable lean and fat, cooked, braised	0.00
17106	Veal, loin, separable lean and fat, cooked, roasted	0.00
17108	Veal, loin, separable lean only, cooked, braised	0.00
17109	Veal, loin, separable lean only, cooked, roasted	0.00
17111	Veal, rib, separable lean and fat, cooked, braised	0.00
17114	Veal, rib, separable lean only, cooked, braised	0.00
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	0.00
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	0.00
17122	Veal, shoulder, arm, separable lean and fat, raw	0.00
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	0.00
17132	Veal, shoulder, blade, separable lean only, cooked, braised	0.00
17134	Veal, sirloin, separable lean and fat, raw	0.00
17136	Veal, sirloin, separable lean and fat, cooked, roasted	0.00
17143	Veal, ground, cooked, broiled	0.00
17147	Game meat, bear, cooked, simmered	0.00
17148	Bison, ground, grass-fed, cooked	0.00
17149	Bison, ground, grass-fed, raw	0.00
17151	Game meat, beaver, cooked, roasted	0.00
17157	Game meat, bison, separable lean only, cooked, roasted	0.00

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
17159	Game meat, boar, wild, cooked, roasted	0.00
17163	Game meat, caribou, cooked, roasted	0.00
17169	Game meat, goat, cooked, roasted	0.00
17173	Game meat, moose, cooked, roasted	0.00
17176	Game meat, opossum, cooked, roasted	0.00
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	0.00
17181	Game meat, rabbit, wild, cooked, stewed	0.00
17182	Game meat, raccoon, cooked, roasted	0.00
17184	Game meat, squirrel, cooked, roasted	0.00
17219	Veal, variety meats and by-products, thymus, cooked, braised	0.00
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.00
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	0.00
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.00
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	0.00
17343	Game meat, deer, ground, raw	0.00
17344	Game meat, deer, ground, cooked, pan-broiled	0.00
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	0.00
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	0.00
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	0.00
17358	Lamb, New Zealand, imported, brains, raw	0.00
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	0.00
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	0.00
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	0.00
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	0.00
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	0.00
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	0.00
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	0.00
17369	Lamb, New Zealand, imported, liver, raw	0.00
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	0.00
17371	Lamb, New Zealand, imported, ground lamb, raw	0.00
17373	Lamb, New Zealand, imported, heart, raw	0.00
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	0.00
17377	Lamb, New Zealand, imported, testes, raw	0.00
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	0.00
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	0.00

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	0.00
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	0.00
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	0.00
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	0.00
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	0.00
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	0.00
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	0.00
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	0.00
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	0.00
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	0.00
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	0.00
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	0.00
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	0.00
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	0.00
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	0.00
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	0.00
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	0.00
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	0.00
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	0.00
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	0.00
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.00
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	0.00
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.00
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	0.00
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	0.00
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.00
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.00
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	0.00
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.00
17449	Lamb, Australian, imported, fresh, external fat, cooked	0.00
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.00
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0.00
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.00
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.00
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.00

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.00
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.00
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0.00
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	0.00
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	0.00
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.00
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	0.00
18965	Crackers, cheese, reduced fat	0.00
19183	Puddings, chocolate, ready-to-eat	0.00
19201	Puddings, vanilla, ready-to-eat	0.00
19218	Puddings, tapioca, ready-to-eat	0.00
19227	Frostings, coconut-nut, ready-to-eat	0.00
19230	Frostings, vanilla, creamy, ready-to-eat	0.00
19233	Puddings, vanilla, ready-to-eat, fat free	0.00
19234	Puddings, tapioca, ready-to-eat, fat free	0.00
19235	Puddings, chocolate, ready-to-eat, fat free	0.00
19279	Candies, milk chocolate coated coffee beans	0.00
19314	Pie fillings, canned, cherry	0.00
19364	Toppings, butterscotch or caramel	0.00
19913	Candies, NESTLE, BUTTERFINGER Crisp	0.00
19917	Candies, M&M MARS Pretzel Chocolate Candies	0.00
22955	Egg rolls, vegetable, frozen, prepared	0.00
22996	KASHI Three Cheese Penne, frozen, unprepared	0.00
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.00
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.00
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.00
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.00
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.00
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.00
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.00
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.00

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	0.00
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.00
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.00
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.00
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.00
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.00
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.00
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.00
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.00
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.00
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	0.00
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	0.00
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.00
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.00
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.00
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.00
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.00
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.00
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.00
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	0.00
23413	Beef, New Zealand, imported, flat, separable lean only, raw	0.00
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	0.00
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	0.00
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	0.00
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	0.00
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	0.00

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	0.00
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	0.00
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	0.00
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	0.00
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	0.00
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	0.00
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	0.00
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	0.00
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	0.00
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	0.00
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	0.00
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	0.00
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	0.00
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	0.00
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	0.00
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	0.00
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	0.00
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	0.00
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	0.00
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	0.00
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	0.00
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	0.00
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	0.00
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	0.00
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	0.00
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	0.00
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	0.00
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	0.00
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	0.00
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	0.00
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	0.00
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	0.00
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	0.00
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	0.00
25043	Snacks, candy bits, yogurt covered with vitamin C	0.00

NDB_No	Description	Vitamin D3 (cholecalciferol)(µg) Value Per
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	0.00
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	0.00
36602	Restaurant, Chinese, fried rice, without meat	0.00
36626	Restaurant, Chinese, chicken and vegetables	0.00
42119	Babyfood, banana juice with low fat yogurt	0.00
42120	Babyfood, mixed fruit juice with low fat yogurt	0.00
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	0.00
42131	Milk dessert, frozen, milk-fat free, chocolate	0.00
42150	Babyfood, apple yogurt dessert, strained	0.00
42189	Milk, buttermilk, fluid, cultured, reduced fat	0.00
42304	Cheese, mozzarella, nonfat	0.00
43008	Babyfood, dinner, chicken and rice	0.00
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	0.00
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	0.00
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	0.00
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	0.00
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	0.00
43417	Babyfood, meat, beef with vegetables, toddler	0.00
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	0.00
43497	Jellyfish, dried, salted	0.00
43523	Babyfood, mixed fruit yogurt, strained	0.00
43529	Babyfood, rice and apples, dry	0.00
43536	Babyfood, dessert, peach yogurt	0.00
43537	Babyfood, dessert, blueberry yogurt, strained	0.00
43539	Babyfood, dessert, banana yogurt, strained	0.00
90240	Mollusks, scallop, (bay and sea), cooked, steamed	0.00
90560	Mollusks, snail, raw	0.00
93600	Turtle, green, raw	0.00